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- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
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- Supply & install new vanity
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- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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CONTENTS

9 NOVEMBER CROSSWORD

12 RESIDENT PERSPECTIVES: RSV SEASON IS HERE: WHAT PARENTS NEED TO KNOW

13 WRITE IT FORWARD: NEW ABILITIES

14 A FRESH PERSPECTIVE: REMEMBERING AND RECONNECTING

15 BUSINESS CLASSIFIEDS









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News, Events, & More

Crime Statistics

Real Estate Statistics



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EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

EvanstonCreekside Community Association | ECCA

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Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

Public Warning

Due to ongoing vandalism and property damage, the Evanston Creekside Community Association has installed security cameras throughout Evanston Park. Footage of individuals engaging in criminal or disruptive behaviour may be shared with law enforcement or posted on social media to help identify offenders and keep the park safe.



A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

Evanston Creekside

Why Join ECCA?

Because strong communities don't happen by accident—
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Family fun, seasonal celebrations, kids' activities, and events that bring us all together.



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BRAIN GAMES SUDOKU

	1	3	4				8	9
		8			3	4		
5			8		9			
		7					3	
	6			9			2	
	2					5		
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		6	9			8		
1					8	6	7	

SCAN THE QR CODE FOR THE SOLUTION

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.





News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Ararmant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

RSV Season is Here: What Parents Need to Know



Every fall and winter, respiratory viruses begin to spread in our communities—but one virus in particular poses a high risk to babies.

In Canada, respiratory syncytial virus (RSV) is the leading cause of hospitalization for babies under 12 months of age with lung infections. While most children will get RSV before the age of two, babies under six months are at higher risk for serious illness.

What is RSV?
RSV is a common virus that affects the lungs and airways. For many people, it causes mild cold symptoms, but in babies, it can be more serious, causing severe respiratory illness and pneumonia.

"A lot of people think RSV is just another cold, but it can be very serious for babies," says Dr. Paul Roumeliotis, Pediatrician and Public Health Leader. "Some end up in the hospital needing oxygen to help them breathe, and even after they recover, it can lead to long term issues like asthma."

What are Your Options for Protection?
In Canada, families have options to help protect babies during their first RSV season:

1. RSV Vaccine for Pregnant People: During RSV season, pregnant people can receive the RSV vaccine between 32 and 36 weeks of pregnancy.

2. RSV Immunizations for Babies: Depending on when they are born, babies can receive an RSV immunization either shortly after birth or at the start of RSV season.

This year, families in Alberta will have access to publicly funded RSV immunization for their infants, following new guidance from Alberta Health. The program will cover infants born from November through April.

Talk to a Healthcare Provider
If you're pregnant or have a new baby, having a conversation about RSV with your healthcare provider can help you stay informed and prepared.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward

Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

Remembering and Reconnecting

by Rebecca Pink



November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us. The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.



MLA Calgary-North
Hon. Muhammad Yaseen
104 – 200 Country Hills Landing NW T3K 5P3
403-274-1931
calgary.north@assembly.ab.ca
@muhammadyaseenyyc

Canada has a strong tradition of military service. Let us continue to support and honour the brave men and women of the Canadian Armed Forces for the sacrifices and efforts they have made for all of us. I encourage all Albertans to commit to offering our respect and gratitude to those who served and continue to serve our country. We Will Remember.

Fuel Tax Relief

Effective October 1, 2026, Alberta suspended the full provincial fuel tax, saving Albertans 13 cents per litre on gasoline and diesel every time they fill up until the end of the year. This is practical relief that helps families, workers and businesses keep more money in their pockets. Albertans already pay the lowest overall taxes in Canada, and this cut adds to our unmatched tax advantage.

Alberta Students Rank Among World's Best

Congratulations! Alberta students continue to be among the highest achievers in Canada and the world, according to 2025 Programme for International Student Assessment (PISA) results. The latest PISA results show Alberta's 15-year-old students are among the top performers in Canada and internationally. Alberta ranked first among provinces in science and reading, and second in mathematics, while scoring above both the Canadian and international averages in all three subjects. To learn more, please visit Alberta students rank among world's best | alberta.ca.

Alberta Expands Respiratory Virus Protection

I am pleased to share, as of October 5, 2026, Albertans can book their annual immunizations against the respiratory syncytial virus (RSV), influenza, and COVID-19. Albertans are encouraged to consult with their primary care provider for guidance on immunizations that are best for them. To learn more, please visit Alberta expands respiratory virus protection | alberta.ca.

Thank you to my constituents for your support as I carry out my duties as your MLA.

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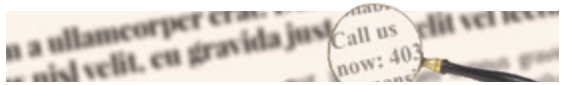
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